

PUNCH-KICK Combinations

These combinations have been written out as if you are Right leg back. Students are also required to be able to perform the combinations from the opposite side of the body.

No .	COMBINATION	Spar?
1	Left Jab	Yes
2	Left Jab, Right Cross	Yes
3	Left Jab, Right Cross, Left Hook	No
4	Left Jab, Right Cross, Left Hook, Right Uppercut	No
5	Left Jab, Right Cross, Left Hook, Right Uppercut, Left Hook	No
6	Right Cross, Left Hook	No
7	Right Cross, Left Hook, Right Uppercut	No
8	Right Cross, Left Hook, Right Uppercut, Left Hook	No
9	Duck, Right Hook, Left Hook, Right Cross	No
10	Duck, Right Uppercut, Left Hook, Right Cross	No
11	Duck, Left Hook, Right Cross, Left Hook	No
12	Left Jab, Right Cross, Right Front Kick	Yes
13	Left Jab, Right Cross, Left Hook, Right Front Kick	No
14	Left Jab, Right Cross, Left Hook, Right Uppercut, Right Front Kick	No
15	Left Jab, Right Cross, Left Hook, Right Uppercut, Left Hook, Right Front Kick	No
16	Left Jab, Right Cross, Right Round Kick	Yes
17	Left Jab, Right Cross, Left Hook, Right Round Kick	No
18	Left Jab, Right Cross, Left Hook, Right Uppercut, Right Round Kick	No
19	Left Jab, Right Cross, Left Hook, Right Uppercut, Left Hook, Right Round Kick	No
20	Left Fake, Right Overhand, Left Uppercut, Right Hook, Right Round Kick	No

Please note which combinations have been marked as permissible in Sparring.

Jab = Lead Hand Punch Cross = Reverse Punch
Hook = Round Punch Uppercut = Rising Punch